OMSW Staff

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Additional Resources

Center of Excellence & Diversity in Medical Education
http://med.stanford.edu/coe/

Counseling & Psychological Services
http://caps.stanford.edu/

Medical Care @ Vaden Health Center
http://vaden.stanford.edu/

Office of Financial Aid

Office of Medical Student Affairs

Office of Sexual Assault & Relationship Abuse Education & Response
http://studentaffairs.stanford.edu/sara

School of Medicine Education Specialist
Lisa Medoff, PhD
lmedoff@stanford.edu

School of Medicine Ombudsperson
James Laflin
http://med.stanford.edu/ombuds/

Sexual Harassment Policy Office
http://harass.stanford.edu

Stanford Committee for Professional Satisfaction & Support
http://wellmd.stanford.edu

Office of Medical Student Wellness
MSOB 1st Floor East Wing
(650) 497-5846 | somwellness@stanford.edu
About OMSW
The mission of the Office of Medical Student Wellness is to enable Stanford medical students to **thrive academically and personally** throughout their medical school experience by providing student life advising, wellness programming, and learning environment initiatives.

Guiding Principles
- Empower students to develop their **professional identity** and find **meaning** within their medical school experience
- Enable students to succeed as **lifelong leaders**
- Embrace the value of **diversity** and **personal growth** throughout the journey
- Encourage **self-care**, **resiliency**, **wellness** and the pursuit of one’s **passions**
- Engage all individuals in the promotion of a sense of **belonging**

Overview of Services

**Student Life Advising**
- Confidential advising for personal issues affecting academic life
- Support for concerns related to health, housing, relationships, finances, judicial matters, professionalism, & more

**Wellness Programs & Events**
- Bike Safety Program
- SMS Cup
- Participation in school & campus events

**Learning Environment Initiatives**
- Student, resident & faculty education
- Mistreatment reporting & coaching
- Incident tracking & analysis

**Health Policies & Support**
- Disability insurance
- Infectious exposure procedures
- Substance use & addictions

**Curricular Initiatives**
- Integration of wellness throughout MD curriculum
- Promotion of wellness elective courses
- Transition to Clerkship Retreat

**Student Groups**
- Ears for Peers
- Student Wellness Leadership Team
- Stanford Wilderness Experience Active Orientation Trip (SWEAT)